

Eifel Times

Vol. 41, Issue 12

Spangdahlem Air Base, Germany

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March 23, 2007

News Briefs

**OPEVAL
countdown
73**

**AEF 7/8
countdown
39**

Congrats to Spangdahlem's GSU's new senior master sergeant selects:

Master Sgts. **Robert Bell**, AFCEH HQ; **Rebecca Brauer**, 703rd MUNSS; **Robert Lindenstruth**, AWACS OLE; **Daniel Moran**, SF1LFH4P; **Derrick Parnell**, 702nd MUNSS; **Michael Pierce**, 726th AMS; **Pamela Poole**, AWACS OLE; **Martin Santos**, AWACS OLE; and **Steven Taylor**, AWACS OLE

Daylight-Saving Time

Remember to set clocks one hour ahead Sunday at 2 a.m.

MPF limited customer service hours

The Military Personnel Flight has limited customer service hours through March 30. The customer service section will be closed, except for emergencies, no ID cards; and all other MPF offices are appointment only. For more information, call 452-4181 or 452-6554.

Dorm managers wanted

The 52nd CES needs to fill two dorm manager positions. The positions are open to staff sergeants only, and the deadline to apply is April 1. For details, call Master Sgt. Roderick Hubbard 452-6692 or Tech. Sgt. Ronnie Evans at 452-6017.

Selection boards for 2007

Air Force officials have approved the following changes to the schedule for selection boards convening in calendar year 2007. Three boards were added: major Nurse Corps board will convene Sept. 10; lieutenant colonel and major line of the Air Force-Judge Advocate boards will convene Nov. 27.

USAFE Microsoft Home Use Program

Individuals interested in receiving an official copy of Microsoft's Office 2003 Professional or Office 2007 Professional for the cost of only shipping and handling, should check out the Air Force Portal, under the Workspace tab. Find the Home Use link on the left side. Members should input their official Air Force e-mail address and the USAFE program code provided. Members are authorized one copy.

Outstanding Airmen of the Year banquet

The USAFE Outstanding Airmen of the Year banquet is April 6 at 6 p.m. in the Ramstein Officer's Club. For more information or to make reservations, contact your unit's first sergeant.



Power of Presence

Gen. Tom Hobbins, U.S. Air Forces in Europe commander, talks with Staff Sgt. Brandon Hoyt, American Forces Network, Detachment 9, about a commercial filmed for AFN here March 15. (Photo by Master Sgt. Chuck Roberts)

Former Saber attends AF Prep Academy; Returns to Spang to share success story

By Staff Sgt. Andrea Knudson

52nd Fighter Wing Public Affairs Office

She just scraped by at her high school in Atlanta. She failed 50 percent of her classes her senior year; graduating at the bottom of her class in 2004. After joining the Air Force, she turned her life around and now this former 52nd Fighter Wing command post controller is attending the Air Force Academy Preparatory School with what could be the future leaders of America and has her sights set on the U.S. Air Force Academy.

Cadet Candidate Corinne Milien, who served here from January 2005 to June 2006, is returning to Spangdahlem Air Base to educate Airmen about her ongoing journey to her officer commission. She is scheduled to give two briefings at the Spangdahlem Professional Enhancement Center Monday at 10 a.m. and noon. She said she's come a long way from high school and the command post and vows not to forget it.

"I carry around my high school transcripts to show myself, 'Hey, you messed this up before ... don't do it again,'" Cadet Candidate Milien said. "I never thought I could do this. I never thought I'd be saying, 'I have an engineering project due tomorrow' or 'I went to jump class today.'"

Thankfully, others believed in her and encouraged then Airman 1st Class Milien to apply for the Leaders Encouraging Airmen Development program.

The LEAD Program is an on-going effort to give the Air Force's best and brightest Airmen the opportunity to excel by offering them appointments to the U.S. Air Force Academy in Colorado Springs, Colo. The program, initiated by former chief of staff of the Air Force Gen. Ronald Fogleman in 1995, delegates authority to unit and wing commanders to nominate highly-qualified Airmen to attend the prep school with the intention of academy appointment to follow. Commanders have the opportunity to identify outstanding and deserving Airmen with officer potential for this commissioning program.

"Chief Kelly and (then) Colonel Goldfein (previous 52nd Fighter Wing Command Chief Master Sgt. Jimmy Kelly and wing commander Brig. Gen. Dave Goldfein) encouraged me to

apply for the program, saying how much of a leader I was and that I would benefit from it," Cadet Candidate Milien said. "The paperwork sat in my drawer for about three months. I was asking myself if this was something I really want to do."

After deciding it was, she put together her package and waited, and just eight days before she was due to head downrange, General Goldfein told Cadet Candidate Milien she was accepted to the program in front of a crowd during a Volunteer of the Year awards banquet. The sharp Airman was there accepting an award that day herself. Her first order of business was a call to her mother.

"I called my mother and she was just silent ... and then she started crying," the 20-year-old Cadet Candidate said. "I think she wanted it more than I did; anything for me not to go downrange, so it was good for her."

In fact, it was one year before that memorable phone call that Cadet Candidate Milien fulfilled a promise to her mother and started taking college classes with the University of Maryland.

"I promised my mom when I turned 19 I would go to school somewhere, somehow," she said. Her mother, Martine, and father, Marcene, came to the U.S. from Haiti in 1986 so young Corinne could take advantage of the American dream.

"That is why they came to America – to have the best opportunities and the best opportunity here is education," she said.

So Airman Milien made a trip to the education office and by chance discovered the LEAD program.

"I walked in and was like, 'Hey, I'm an Airman and am interested in entering the academy,'" Cadet Candidate Milien said. She attended a briefing on officer commissioning programs, but said little attention was given to the academy or the LEAD program. "I was lucky; however, because many of the people who were helping me with my package and providing recommendations were academy or prep school grads."

Unfortunately, the LEAD program is pretty under publicized and that is why Cadet Candidate Milien is accompanying the

See CADET, Page 3

RESCON Watch

CHARLIE

3-5 DUIs/ARIs in the Last 30 Days

Days since last DUI/ARI: **12**

Rank of last DUI/ARI:

staff sergeant and senior airman

Squadrons of last DUI/ARI:

52nd AMXS and 52nd CPTS

267 Airmen's lives were saved by the Airmen Against Drunk Driving Program since

Jan. 1, 2007. When going out and your plan falls through call AADD for a ride, at 06565-61-2233.

Leadership basics: dedication, flexibility, understanding
Know, respect subordinates, be responsible for actions

By Lt. Col. Mark Meyer
702nd Munitions Support Squadron commander

Effective leaders in any elite organization find ways to efficiently motivate their subordinates to get the unit's mission done. The goal is to get every member to do it right, even when no one is watching.

Leaders do this by clearly setting and enforcing the highest standards so everyone in the organization knows the boundaries and operational environment they must function within. Everyone, including the lowest ranking member of the unit, must be able to unmistakably understand and proficiently execute their vital role in accomplishing the mission. The truly great leaders find ways to highlight and focus the entire unit's mission so every member is synergistically pulling in the same direction.

The leader is in the unique position to put together tactical and operational information from various sources, coordinate efforts and optimize resources. This is one of the critical keys to small unit mission achievement.

Military leaders have the added responsibility of knowing the important decisions they make and weighty orders they give could directly result in the destruction of property and/or deaths. In other words, military units break things and kill people. Hopefully, the destruction and deaths happen only to the enemy, but military leaders must realize the actions they take (or do not take) could ultimately result in friendly losses. This tremendous life or death responsibility is what sets military leaders apart from corporate managers.

The fog of war leads to many mistakes like the "blue on blue" friendly fire casualties from the Global War on Terrorism in

Afghanistan and Iraq. Even carefully thought out military plans rarely survive the first engagement with the enemy, because he also has a plan. Flexibility becomes the key to effective military leadership and vital for mission success.

Great leaders know highly trained and motivated people are the unit's most precious resource. This is especially true in a small unit like a Munitions Support Squadron. Therefore, successful military leaders in small units must be even more flexible and willing to stretch their knowledge horizons.

"Everyone, including the lowest ranking member of the unit, must be able to unmistakably understand and proficiently execute their vital role in accomplishing the mission."

Unlike main operating bases where functional leaders are fully staffed with colonels and chiefs, small units must find innovative processes and "outside the box" procedures to get the same mission done with company grade officer and staff sergeant subject matter experts. The leader in this dynamic environment must push them to quickly learn at least the basics of everyone's job.

The leader must be involved and informed enough to provide their unit with the resources to get the job done and to successfully advocate for them when required. Leaders at every level must carefully weigh the importance of information. This requires timely and accurate communication flow of detailed information up and down and across the organization, so limited personnel and resources are used wisely.

The leader at every level must constantly make decisions on when to forward information and with whom to send it. Your

goal must be to never surprise your boss while avoiding information overload. The easiest way to keep your supervisor from becoming a micro-manager is to keep them involved and informed with enough information so they are never surprised.

At the same time, effective military leaders must clearly comprehend the entire big picture. This requires full understanding and complete command of more than just the unit mission "what" but also the "why" things are done a certain way.

Military leadership requires flexibility, dedication and full understanding of the unit mission. You cannot allow "that is how we have always done it" to infect your unit and negatively affect the mission. Never let an established policy that no longer makes sense dictate the way missions are accomplished today. Leaders have to be bold enough to ask why even if it is not popular to do so. The humbling responsibility of leading military members compels us to challenge company policy when it does not fit our current mission.

All this ties back into military leadership principles and Air Force core values of integrity, service before self and excellence in all we do. Leading a small unit with limited resources can be more challenging in many ways than leading a larger unit at a main operating base. The Munitions Support Squadron mission to defend, maintain and employ NATO's premiere weapons on a geographically separated unit operated by the host nation requires every leader in the unit at every level to step up their game. Every leader must be aware of how their work center's mission affects the entire unit's mission and, ultimately, supports and enables the NATO strike mission of deterrence. Effective leaders remember flexibility is the key to aerospace power.

Top Saber Performer

Name: Tech. Sgt. Khalisha Savage
Unit: 52nd Fighter Wing Protocol
Duty title: NCOIC, wing protocol
Hometown: St. Louis, Mo.
Years in service: 13.5 years
Hobbies: Listening to music, exercising, reading and traveling
Family: My military friends, co-workers and siblings in Missouri. I'm a triplet, but I also have two older brothers and two older sisters; six in all.
Why joined: I joined the service to serve my country and see the world.
Favorite aspect of job: My favorite aspect of the job is when my co-workers tell jokes.
Most memorable AF experience: My most memorable Air Force experience was when I was working at an Inpatient Mental Health Unit at Wilford Hall Medical Center, Lackland Air Force Base, Texas, for two years. I had the opportunity to meet and help extraordinary people and will never forget one moment of those two years.



Photo by Staff Sgt. Andrea Knudson

Eifel Salutes

52nd Medical Group

Please stand up and put your hands together for one fine Saber medic, **Master Sgt. Jason Mills**. His attention to detail and his commitment to excellence as acting superintendent led the 52nd Medical Operations Squadron warriors in fine fashion during its fearless leader's, **Chief Master Sgt. Lovorn Brown**, recent absence.

A snappy salute goes to **Airman 1st Class Macey Miller** for her outstanding daily contributions to flight medicine. The U.S. Air Forces in Europe vice commander recently coined her!

Hearty thanks to **Airman 1st Class Brett Manz, Airman 1st Class Taurean Gardner and Ms. Elizabeth Diaz** for working through their lunch all week to complete the annual records review audit.

Congratulations to **Senior Airman Leonard Myers** from the 52nd Dental Squadron for being selected as the "Academic Achievement" award winner and "Distinguished Graduate" recipient from Airman Leadership School.

Capt. Stephen Gasparovich, 52nd DS pediatric dentist at the Bitburg Annex Clinic,

successfully completed Part 1 of the American Board of Pediatric Dentistry examination. He is on his way to full-board certification and recognition as an expert in his clinical specialty. Less than 25 percent of his colleagues will complete the process that he has almost finished. Congratulations to a top drill star!

Tech. Sgt. Laura Allender saved the day for dozens of scheduled dental patients at the Spangdahlem AB Clinic. An unscheduled power outage interrupted a cycle in the sterilization suite and threatened to disrupt an entire day of patient care due to lack of properly prepared instruments. Without delay, she analyzed the work stoppage problems, reordered sterilization priorities, and came to work two hours early to restart the processing of instruments so that no patient care was interrupted. Patients and providers saw no inconvenience the next day, and full standards were met. She knows the drill!

Congratulations to **Staff Sgt. Michael Whisnant**, 702nd Munitions Support Squadron, for winning the Project Cheer Texas Hold 'Em Tournament! Way to go, Sergeant Whisnant!

Eifel Times

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Col. Darryl Roberson

Accessing Direct Line

The Direct Line program is a way to get answers to questions you still have after using your chain of command.

Direct Lines of general interest will be published in the *Eifel Times* and may be edited or paraphrased for brevity or clarity. Submit your Direct Line via:

- DirectLine@spangdahlem.af.mil
- Mailed to 52nd FW/PA, Unit 3680 Box 220, APO AE 09126
- To PA in building 23.
- Concerns may also be sent via fax to 452-5254.

Anonymous inputs are accepted. To receive a personal response you must include your name and phone number. Call the Eifel Times at 452-5244 for more information.

Sortie Scoreboard

Aircraft	Goal	Flown	Delta
22FS	476	232	-62
23FS	363	294	43
81FS	362	250	47

*Delta is contract vs. sorties flown to date.

Through March 19

Courtesy of the 52nd Operations Support Squadron Plans and Scheduling Section

Anthrax vaccine program becomes mandatory for some

By Master Sgt. Mitch Gettle
Air Force Print News

The Anthrax Vaccine Immunization Program, or AVIP, mandates Airmen assigned to high-threat areas receive the anthrax vaccine, while also providing Airmen the choice to continue anthrax vaccines if they are not assigned to a designated high-threat area.

Implementation of the AVIP began Monday, in accordance with current Department of Defense and Air Force guidance, said Lt. Col. Todd Shull, Air Force Counter-Biological Warfare Division chief.

This implementation is in the initial stages and the Air Force has established a four-week timeframe, upon unit notification, for units to begin giving the anthrax vaccine to Airmen meeting the mandatory guidelines, he said.

The mandatory anthrax vaccinations are limited to Airmen who have orders to or are (currently) in specific high-threat areas -- primarily the U.S. Central Command Area of Responsibility or Korean Peninsula, Colonel Shull said. In order to be subject to the mandatory anthrax vaccination you must remain in (these areas) for 15 or more consecutive days.

The DOD issued a new policy memo Oct. 12 requiring the DOD begin mandatory anthrax vaccinations for individuals in selected high-threat areas or special mission units.

The DOD determined that these forward areas pose the highest threat for military forces so they must meet the mandatory anthrax vaccine measures. Additionally, personnel in designated special mission units, regardless of location, are also subject to mandatory anthrax vaccination.

"The second key piece of the program is the voluntary aspect of the AVIP," Colonel Shull said. "This involves Airmen who have received at least one anthrax vaccine dose since 1998. Under the



Tech. Sgt. Terri Elftmann, 52nd Medical Operations Squadron NCOIC Allergy/Immunization Clinic, administers an Anthrax shot March 16 at the immunization clinic here to Senior Airman Wendy Salas, 52nd Maintenance Operations Squadron information manager. The shot was Airman Salas' fifth shot; the initial series of Anthrax shots is six. The Air Force started an anthrax vaccine immunization program for Airmen assigned to high-threat areas. Airman Salas deploys this summer. (Photo by Staff Sgt. Andrea Knudson)

new guidelines, they can elect to continue getting the anthrax vaccinations in accordance with the dosing schedule whether or not they are (or will be) assigned to a designated high-threat area."

Taking the vaccine voluntarily is consistent with good medical

practice and personal protection, Colonel Shull said.

"While we've identified two areas as the most likely locations for an anthrax threat, we saw in 2001 that anthrax attacks could occur anywhere," he said. "Vaccination offers a layer of protection, in addition to antibiotics and other measures, that is critical for members of the armed forces."

The anthrax vaccine was first licensed in the United States in 1970. Since then, it has been given to those who could get exposed to environmental sources of anthrax such as service members, veterinarians, farmers and woolworkers.

In December 2005, anthrax vaccine was found to be safe and effective against all forms of anthrax, including inhalation anthrax.

Over the course of the last 37 years the safety and effectiveness of the anthrax vaccine has been demonstrated. "The anthrax vaccine is just as safe as other vaccines we're normally given over the course of our lives," he said.

Installation commanders ensure compliance with the AVIP by maintaining oversight and ownership of the installation's AVIP implementation program.

"Ultimately, it comes down to the installation commanders to make sure this program works," Colonel Shull said. "They will be responsible to ensure Airmen receive mandatory vaccines when required and voluntarily continue the dosing schedule if they so desire."

Over the course of implementing this program, the Air Force will provide information and make additional information sources available to all Airmen about anthrax and the AVIP. This includes a tri-fold hand-out, briefings and Web links.

Check out the tri-fold handout at <http://www.anthrax.mil/documents/996AvipTrifold.pdf>.



From left: Mr. Helmut Disch, 52nd Contracting Squadron civil engineering support flight commander, talks with Mrs. Jane Harrison-Wahlen, Bioscientia International Support Services manager, and a colleague of Mrs. Harrison-Wahlen, about past performance evaluation and assessment during the 52nd Contracting Squadron sponsored Vendor Day event at the Eifel Stern Hotel in Bitburg March 14. Vendor Day is an annual event. (Photo by Senior Airman Kristin Ruleau)

52nd CONS hosts vendor day

By Capt. Matt Fahrner
52nd Contracting Squadron

More than 60 current and potential Spangdahlem vendors attended the 52nd Contracting Squadron's Vendor Day at the Eifel Stern Hotel March 14.

"Vendor Day was a great way to team with our German business partners to continue down a path of sustained excellence and continuous process improvement," said Maj. Greg Mazul, 52nd CONS commander.

Invitations to current and potential contractors were mailed out to vendors across Germany in mid-February. Respondents came from as close as Bitburg, but others traveled from as far away as Hamburg and Bavaria to learn more about contracting fundamentals, how a contract is awarded and to meet with contracting personnel.

While vendors enjoyed complimentary refreshments donated by the Bitburg Annex Commissary, the day began with welcome remarks by Major Mazul, an overview of all of the flights and the Government Purchase Card program as well as contractor registration and elec-

tronic invoice issues. Following a short break, contractors were informed on the basics of contracting, contract evaluation criteria and installation access.

This was a 'win-win' for vendors and the 52nd Fighter Wing, said Master Sgt. David Tuck, 52nd CONS base support flight chief.

"Vendors leave here not only with a better understanding of how the contracting process works, but also with strengthened relationships with 52nd CONS' personnel," he said. "As a result, better and more complete proposals are submitted resulting in lower costs and increased efficiency. They now put a name to the face and can continue building sound business relationships."

Sergeant Tuck also said the feedback from the vendors was overwhelmingly positive. They said the event was a wonderful chance to get a clear picture of how things work.

The next Vendor Day is scheduled for early Spring 2008.

CADET

Continued from Page 1

Prior Enlisted Cadet Association to help spread the word about the program. The 52nd FW career assistance advisor wants to boost support for the LEAD program, as well as other career advancement options the Air Force has to offer.

"LEAD is just one of several programs that provide our enlisted force the opportunity to excel and give back to our country on another level," said Master Sgt. Tom Hartswick, 52nd FW Career Advisor and Professional Enhancement Center Superintendent. "It's a win-win program because it gives commanders the opportunity to nominate Airmen they feel have the potential to be Air Force officers to the Air Force Academy. This is a unique opportunity to hear it not only from someone who is in the LEAD program, but who was also a Saber!"

"She is giving her own time to brief our folks. She paid for the trip herself and is using her own leave to come back home to Spangdahlem because she wants to give back to the 52nd FW," Sergeant Hartswick said. "She believes in the LEAD program, our Airmen and the U.S. Air Force. I applaud her effort, and want to make sure all of our young Airmen have the opportunity to hear it straight from one of our own."

Lt. Col. Michael Pitts, 52nd Mission Support Squadron commander who has been an officer for 19 years, believes a lot of Airmen would like to make the transition. He recommends attending one of the two briefings Monday to hear Cadet Candidate Milien's personal story.

"When you're at your 20-year-point, what you don't want to do is look back and ask if an officer's program was something you wanted to do," the 52nd MSS commander said. "Here's a success story; like an athlete who returns to their hometown and says, 'You can be where I am. It can happen.' So give it a shot."

Cadet Candidate Milien said she is still amazed at how far

she has come and often ponders the outcome of her decision to "give it a shot" and where it has taken her.

"There are no words to describe this feeling. I have this view of the mountains from my room where I sometimes sit back and wonder, 'How did I get here?'" the Atlanta native said. "I don't believe it sometimes. I never thought I would be learning aeronautical, mechanical or electrical engineering, but I am. And I'm attending school with people who were at the top of their game in their hometowns, be it academically or physically, and here I am, right alongside them." What seems to please Cadet Candidate Milien even more is that it has made her mother so happy. "She hasn't stopped smiling since I got accepted and that's the best feeling."

For more information on the LEAD program, Cadet Candidate Milien's briefings or general career advice, call Sergeant Hartswick at 452-7829.



Flying ace visits Spang

On June 28, 1944, then 1st Lt. James Empey scored his fifth aerial kill adding his name to the list of 52nd Fighter Group Aces. Lt. Col. (ret) Empey will be at the Eifel Club April 6 from 3-5 p.m. to talk about his experiences as a World War II fighter pilot and as a forward air controller during Vietnam, and sign autographs. The 52nd Operations Group sponsors the event as part of a World War II heritage event. (Courtesy photo)

USAFE announces nominees for 2007 annual awards banquet

RAMSTEIN AIR BASE, Germany (USAFENS) -- For Tech. Sgt. Brian Lavigne, the U.S. Air Forces in Europe Annual Awards Banquet is the end result of a good thing that just kept getting better.

When the NCOIC of the Maintenance Operations Center for the 606th Air Control Squadron at Spangdahlem Air Base, Germany, learned he was selected as the top NCO for his squadron, he was honored and contented. Then came base-level accolades.

And now, on April 6, Sergeant Lavigne will be among 77 nominees competing for USAFE honors in the category of Noncommissioned Officer of the Year. The other categories are Airman, Senior NCO, Company Grade Officer, First Sergeant, and Civilian -- Categories I and II.

The USAFE top finishers will continue on for possible Air Force-level honors as one of the 12 Outstanding Airmen of the Year. But getting there is not a priority for the 34-year-old native of Massena, N.Y., who said he is humbled by being nominated for the major command level.

"I look around and say, 'how did I get here?' This thing just kept snowballing and has really caught me off guard," Sergeant Lavigne said. "I just feel honored to be nominated for this award -- or any award for that matter. I am humbled daily by the efforts of the Airmen around me. They are the ones who motivate me every day."

Senior Master Sgt. Henry Parker has had a year now to reflect about being a USAFE nominee and ultimately achieving a seat among the 12 Outstanding Airmen of the Year.

"Wow, it was really an awesome and humbling experience because I was representing an all star team, to include my wing leadership," said Sergeant Parker, superintendent for the 65th Services Squadron at Lajes Field, Azores, Portugal. "I'm a firm believer that leadership either inflates or deflates an organization. At Lajes, I was not only given an opportunity to excel, but I had my leadership's trust and support all the way."

Already dedicated to his career field, Sergeant

Parker said the honor he received only further entrenched his desire and dedication.

"It made me raise my level of professionalism because I know I represent the services career field and the people who supported me throughout my career. I take a tremendous amount of pride in being a services specialist and believe that it is hard to match my pride and enthusiasm concerning the service career field. Therefore, I consider my achievement a team accomplishment because I would be foolish to think I did it alone."

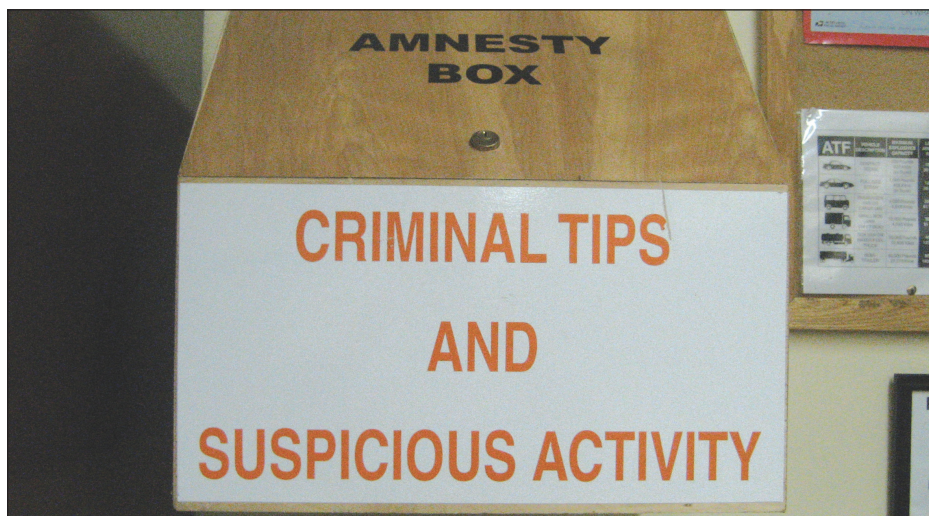
In addition to those he works with now, Sergeant Parker also credits the role of two mentors who've helped him further his Air Force career -- George Price and Edward Hood -- who are now retired but continue to stress the importance of teamwork and caring for people.

It's been a great year for Sergeant Parker, and he said he knows this year's nominees will share those feelings.

"I wish all the nominees the best of luck. To reach the USAFE level speaks volumes about their character and professionalism," he said. "I know during my selection any one of the nominees could have easily won, but it was Team Services night and I'm humbled by the fact there are thousand of Air Force superstars who are doing great things in preserving our freedom and way of life."

Congratulations to the nominees from the 52nd Fighter Wing:

- ♦ Airman -- **Senior Airman Tamara Barrett**, 52nd FW;
- ♦ NCO -- **Tech. Sgt. Brian Lavigne**, 606th ACS;
- ♦ Senior NCO -- **Senior Master Sgt. Donald Tubbs**, 52nd Security Forces Squadron;
- ♦ First Sergeant -- **Senior Master Sgt. Cheryl Nurse**, 52nd Medical Group;
- ♦ Civilian Category I -- **Karen Sconyers**, 23rd Fighter Squadron;
- ♦ Civilian Category II -- **Brian Valentine**, 52nd Operations Support Squadron; and
- ♦ CGO -- **Capt. Anthony Brim**, 22nd Fighter Squadron.



The Air Force Office of Special Investigation has a Criminal Tip and Suspicious Activity box located at the Spangdahlem Post office where people can anonymously provide information to them. (Photo by Staff Sgt. Andrea Knudson)

Report suspicious activity Check out OSI's tips box

U.S. Air Force Office of Special Investigations, Det 518

The Air Force Office of Special Investigations has a Criminal Tips Box hanging in the Spangdahlem Air Base Post Office next to the vending machine.

There is a sign stating "Criminal Tips and Suspicious Activity" on the front of the box. If people witness or hear of a crime or suspicious activity, and are not willing to immediately report it to law enforcement, they can leave a written note in the box.

Tips can be confidential or anonymous. The box is not intended for explosives or hazardous material.

Examples of criminal activities include drug use/possession/distribution, sexual assault, rape, child abuse, larceny, fraud, etc.

Examples of suspicious activities that are specifically linked to terrorism include the following:

- ♦ **Surveillance:** Someone recording or monitoring activities. This may include the use of cameras (either still or video), note taking, drawing diagrams, annotating on maps, or using binoculars or other vision-enhancing devices.
- ♦ **Elicitation:** People or organizations attempting to gain information about military operations, capabilities, or people. Elicitation attempts may be made by mail,

fax, telephone, or in person.

- ♦ **Tests of security:** Any attempts to measure reaction times to security breaches or to penetrate physical security barriers or procedures in order to assess strengths and weaknesses.

- ♦ **Acquiring supplies:** Purchasing or stealing explosives, weapons, ammunition, etc. Also includes acquiring military uniforms, decals, flight manuals, passes or badges (or the equipment to manufacture such items) or any other controlled items.

- ♦ **Suspicious persons out of place:** People who do not seem to belong in the workplace, neighborhood, or business establishment.

- ♦ **Dry run:** Putting people into position and moving them around according to their plan without actually committing the terrorist act. This is especially true when planning a kidnapping, but it can also pertain to bombings. An element of this activity could also include mapping out routes and determining the timing of traffic lights and flow.

- ♦ **Deploying assets:** People and supplies getting into position to commit the act. This is a person's last chance to alert authorities before the terrorist act occurs.

For more information, contact the U.S. AFOSI, Det 518, at 452-6291.



Fixin' a jet plane ...

Senior Airman Jacquelyn Mathews, 52nd Component Maintenance Squadron propulsion journeyman, installs a low pressure turbine on engine 9574 for an F-16 here Tuesday. She's helping to prep the engine for movement as a result of the Lean team's redesigned/improved layout of the jet engine shop. The Lean Event, which began Monday, a week-long event, is a re-look (first one in the wing) at the engine production process which will build on and validate improvements made during the shop's original Lean event which took place here in February 2006. (Photo by Airman 1st Class Emily Moore)



Staff Sgt. David Duty and Ricky, his German Shepherd, charge Staff Sgt. Paul Niswonger who plays an aggressor during training. Working as a team, the handler leads his dog through a rigid and repetitive training schedule every month to refine skills and remain proficient. All are members of the 52nd Security Forces Squadron. (Photos by Nick Anderson)

Man, dog serving side by side



Staff Sgt. Robert Prim, 52nd SFS military working dog handler, prepares to unleash Judy, his German Shepherd, on his assistant during a training session. Judy is an experienced military working dog who has deployed to Iraq.

By Caitlin Schwartz
52nd Fighter Wing Public Affairs Intern

The Air Force holds the largest inventory of working dogs in the military. These highly trained animals are the front-runners in the fight against narcotics, explosives and terrorism.

Dogs have been used to help the Armed Forces since World War I, when they worked as messenger and mine dogs. They have seen both combat on the front line and loss in their ranks by their handler's side for over 90 years.

Rottweilers were used to simply attack in Vietnam. Since then training has evolved, as have the jobs and types of working military dogs. German and Dutch Shepherd, Belgian Malinois and Tervurens have replaced the Rottweilers and Doberman Pinschers because of their durability and ability to adapt to different environments.

Today's dogs are trained to serve in the cold rainy climate of the Eifel and the hot deserts of Iraq. They serve to detect narcotics and explosives, scout out humans by scent, sight or sound up to 30 yards away, attack and provide protection for their handlers.

Military working dogs and their handlers work 14-hour shifts at peak performance. Working as a team, the handler leads his dog through a rigid and repetitive training schedule every month to refine skills and remain proficient. Military working dogs are trained differently than those in the civilian sector. Their training prepares the dog for situations they may face by placing them in dangerous situations that could cause loss of life if both the dog and handler are not at their best.

"You have to maintain confidence, give discipline, but still have a little fun," said Staff Sgt. David Duty, 52nd Security Forces Squadron dog handler. "The dogs are highly disciplined, highly trained tools to be used for a greater good, but at the end of the day they are still just dogs who want to do dog things."

Part of a military working dog's training is learning to work with new handlers as permanent changes of station move people across the globe. The dogs belong to the installation and are kenneled on the installation unless they are deployed.

"We are a team and they try to mesh personalities together," Sergeant Duty said of his German Shepherd Ricky.

Once matched together, dog and man have to learn to trust each other. They have to mesh as a team, understanding their different personalities. Both of their lives will depend on it.



Sergeant Prim, 52nd SFS military working dog handler, praises Judy, his German Shepherd. Working dogs have served as part of the Armed Forces since World War I. Dogs receive specialized training based on their breed and which skills they display.

"I trust my dog more than anyone ... except my family," Sergeant Duty said who has worked with four different dogs since he became a dog handler.

He spends off-duty time visiting, grooming and playing with Ricky; building a better bond with the dog before they ultimately deploy to Iraq.

"You have to treat them (the dogs) well. I'd like Ricky to want to do his job rather than just have to do it," Sergeant Duty said. "But it is a very rewarding experience, even with the amount of extra work you have to put into it, and I encourage anyone who likes dogs to look into a career in detection."

As dogs continue to excel at working with the military, they are becoming increasingly valuable in the civilian sector. Airports, railroad stations, professional sports stadiums and concerts arenas are using detection dogs to find contraband and potential explosive materials.

As long as the threat of terrorism and explosives is there, military working dogs provide an invaluable service. They and their handlers continue to save lives here at home and at war.

Editor's Note: Submit "Community" advertisements 10 days before the desired publication date to publicity@spangdahlem.af.mil. Call the 52nd Fighter Wing Public Affairs Office Internal Information Section at 452-5244 for more information.

Arts and Crafts classes

For more information about upcoming Arts and Crafts Center events, call 452-6841.

- ♦ A scrapbooking class is Wednesday from 7-9 p.m., cost is \$25.
- ♦ A beginner five week quilting course begins Thursday from 6-8 p.m., cost is \$30.

Brick House

For more information about Brick House events, call 452-7381.

- ♦ A Community Gaming Club meets Saturdays at noon to play a variety of strategy games such as chess, Risk, Dungeons and Dragons and Star Wars.
- ♦ Act Eifel presents "The Little Prince" now through Sunday. Doors open at 7 p.m. and the curtain raises at 7:30 p.m. Cost is \$13.95 for adults and \$6.95 for children under 12.
- ♦ A salsa night occurs March 30 at 8 p.m.
- ♦ Crystal bingo occurs April 27 at 6 p.m., cost is \$20 for 20 games.

Education information

- ♦ The education office has relocated to building 131. Office hours are Mondays through Fridays from 8 a.m. to 4 p.m.
- ♦ The base's university offices have relocated to the third floor of building 316.
- ♦ The Officer's and Civilian Spouses Club is accepting applications for the Spouses Scholarship through April 27. Applications are available at the education office, both base libraries and the Airman and Family Readiness Center. All applications must be received by mail no later than April 30. For more information, e-mail ocscscholarhip@yahoo.com.

Family Advocacy

- For more information about Family Advocacy services, call 452-8279.
- ♦ An infants and playschoolers playgroups occurs from 10 a.m to noon at Spangdahlem AB Tuesdays and at Bitburg Annex Thursdays.
 - ♦ A support group for parents of children with special needs meets today from 6-7 p.m.
 - ♦ A four part series on Anger Manage-

ment takes place April 3, 10, 17, 24 from 9-10:30 a.m.

Pet Spa

Volunteers are needed at the Pet Spa during Spring Break everyday from 7-11 a.m. and 4-8 p.m. For more information about Pet Spa services, call 452-9326.

Reintegration retreat

The Airman and Family Readiness Center offers a Mosel Reintegration Retreat April 27-29, cost is 30 Euro for master sergeants and above and 20 Euro for technical sergeants and below. For more information, call 452-6422.

School news

Bitburg Elementary School

The BES PTA hosts a Family Fun Night Thursday from 6-8 p.m. An Early Bird Book Preview and Sale for the Scholastic Book Fair occurs from 7:30-8 p.m. Normal Book Fair sales run April 2-5 from 8:30 a.m. to 3:30 p.m.

Spangdahlem Elementary School

The SPES hosts a PTSA Book Fair April 2-5 from 8 a.m. to 3:30 p.m. and April 5 from 4-7 p.m.

Spangdahlem Middle School

- ♦ The School Advisory Committee meets Tuesday at 3 p.m. in the media center to advise the school principal on educational matters.
- ♦ The SPMS needs volunteers to assist with Shadow Day April 30 from 8 a.m. to 1 p.m. Individuals or squadrons interested in volunteering to mentor or have students shadow them for the day. For more information, contact Debbie Perez at debp@att.net or 0175-531-5867.

Misc school news

- ♦ The best instrumentalists from the Kaiserslautern School District will perform at the Skelton Fitness Center April 4 at 1:15 p.m.
- ♦ The Airman and Family Readiness Center and Educational Developmental Intervention Services clinic offers opportunities for parents and children to talk about deployments at: SPMS Tuesday from 1:15-2:15 p.m.; SPES Wednesday from 2-3 p.m.; BES Thursday from 1:30-2:30 p.m.; and BMS April 4 from 1:15-2:45 p.m.

Special Olympics

The annual Kaiserslautern Special Olympics spring games takes place May 2

at the German police training center in Enkenbach. More than 1,200 volunteers are needed to assist as buddies, traffic control, registration, translators, scoring, food services, sports and more. Volunteers must be at least 15 years old. For more information, e-mail larry_zani@compuserve.com.

Services Web site

Check out events offered by the 52nd Services Squadron online at www.52services.com/SVS at a glance.

Spring Bazaar

The Spangdahlem Spouses and Enlisted Members Club spring bazaar is March 30 to April 1. To volunteer, call 06562-974516 or e-mail volunteers@ssemc.org. For information about setting up food a booth, e-mail jeffery.swartz@spangdahlem.af.mil.

Spring Fling

The 52nd Communications Squadron hosts a Spring Fling potluck Saturday from 11 a.m. to 1 p.m. at the Bitburg Annex gym. The event will include an egg hunt, crafts and games for all ages. For more information, call Christine Bennett at 06567-960-266.

Youth programs

- For more information about Teen Center events, call 452-9555.
- ♦ A Surviving Prom Workshop takes place Wednesday at the Bitburg Teen Center.
 - ♦ Students interested in the Air Force Academy entering their sophomore or junior year during the fall of 2007 are invited to the Teen Aviation Camp from June 2-7. Airline and travel costs to Colorado Springs, Colo. are the responsibility of the attendee. Lodging, meals and program costs are centrally funded at no cost to the participant.
 - ♦ Write an essay for the opportunity to attend Camp Island Lake Summer Camp from Aug. 1-14. Winners receive free tuition, however parents pay for transportation. Entries must be received electronically by June 1. For information, visit www.islandlake.com or call 452-7545.

Volunteer luncheon

The Airman and Family Readiness Center Annual Volunteer Appreciation Lunch occurs April 3 at Club Eifel from 11 a.m. to 1 p.m. To purchase tickets by Wednesday, call 452-6422.

Chapel Services

Spangdahlem AB

Catholic Mass

- ♦ Sundays at 9:00 a.m.
- ♦ Daily Mass Mondays, Wednesdays and Fridays at 11:45 a.m.

Protestant

- ♦ Sundays at 10:30 a.m., traditional service
- ♦ Sundays at 5 p.m., evangelical service

Bitburg Annex

Catholic Mass

- ♦ Sundays at noon
- ♦ Daily Mass Tuesdays 11:45 a.m.

Protestant

- ♦ Sunday at 9:30, praise service
- ## Miscellaneous information
- ♦ Adoration, Mass and breakfast takes place every first Friday of the month, rotating base beginning at Spangdahlem in January at 8 p.m. until 8 a.m.
 - ♦ For more information about Jewish, Islamic, Rite of Christian Initiation for Adults or other faith needs, call the chapel at 452-6711/6281.

IT'S BACK!

TEXAS HOLD 'EM

SIGN UPS BEGIN APRIL 3 FOR OUR FIRST CLUB SPONSORED TEXAS HOLD 'EM TOURNAMENT.

April 13
6pm • Club Eifel Ballroom
Members: \$10.00 • Non-Members: \$25

1st prize: \$200 Gift certificate
2nd place: \$100 Gift certificate
3rd place: \$50 Gift certificate.
Free snacks after first break.

*Sign up at the Cashier's Cage
Monday - Friday • 11am - 6pm.*



 Club Eifel
AIR FORCE SERVICES
CLUBS
Spangdahlem AB, Germany

Der Markt

Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The Eifel Times staff reserves the right to edit ads.

Vehicles

2003 Toyota Tacoma, AT, 2-WD, 22,000 miles, TRD and SR5 package, CD player, black exterior, tan interiors, spray in bed liner, CC, PS, ABS, AC. Call 06562-956565 ask for Erin.

2000 Dodge Ram 1500 SLT quad cap, red, 4WD, 5.2i V8, 16"alumim wheels, rear underseat storage, Infi.speakers, fog lights, bed liner, 43,000 miles, dealer maintained, one owner, \$13,500. Call 06569-962394 after 6 p.m.

2000 Audi A4, 6-spd., 2.5TDi, dark blue, loaded, 18" wheels w/ new tires, winter set included, heated recaro racing seats, body kit, engine tuned, exhaust, sport suspension, 80,000 km, \$11,500 OBO. Call Ricky at 452-5633 or 06563-960457.

2000 Audi A4, German specs, 4-dr., 5-spd., silver, PL, automatic climate control, heated mirrors, 4 winter tires – already mounted, 4 summer tires on aluminum rims, 77,000 km and dealer maintained, just had inspection, \$9,950 OBO. Call 0160-717-7159.

1989 BMW 320i, Euro spec, 4-dr. sedan, 6-cylinder, AT, 183,000 km, CD player, summer and new winter tires, \$2,200. Call Casey Grider at 452-1198 or 01717582160.

1988 BMW 316, manual, AM/FM CD player, new rear brakes, summer and winter tires, overall good condition, \$1,800 OBO. Call Staff Sgt. Reyna at 452-6223 or 06575902672.

For sale

Barbecue grill, needs new burner, with two propane tanks, empty but a \$30 value, all for \$30. Call: 06562-931-420.

Big PCS sale, many things available. For sale furniture, appliances and more. Call Charrell Broadus at 0160-950-86618 or 452-1879.

Wooden Crib w/out mattress, \$20; Winnie-the-Pooh crib set, comforter, bumper pad dust ruffle

sheet, \$10; Winnie-the-Pooh mobile, \$10; Winnie-the-Pooh stroller w/ cup holder, \$10; mirror top night stand w/ one drawer, \$10; folding stadium chair w/ cup holder, \$5; youth golf bag w/ wedge and putter, \$10; two green rugs 10'x12', \$10 each; burgundy rug 8'x10', \$10; pogo stick, \$5; 220-v microwave, \$20; three oscillating fans, \$5 each; DSL modem and switch, \$20; toddler scooter, \$5; bed safety rail, \$5; infant Fischer Price play gym, \$5; PCSing and items must go. Call Tamika 452-8447 or 06561670676.

German DSL Modem (Teledat 331 LAN) and Phone (T-Sinus 700K), available April 20 possibly sooner, 50 euro. Call 06575903993 or e-mail katenkurt@yahoo.com.

Afghan rug, \$250; wooden crib w/ mattress, \$40; car seat, \$10; solid silver tea set, \$100; Magnavox TV. \$30. Call 06561-695885 or e-mail seiclg_2004@yahoo.com.

27" Zenith TV with remote and owner's manual, \$60; Sky receiver, \$130; matching couch and loveseat, \$370. Call 0171-368-3434 photos can be e-mailed.

Two Southwest-style wooden schrank, double doors w/ shelves and 2 drawers, \$150 each; Briggs & Stratton lawn mower, \$35; 220-v appliances: Bosch Max washing machine, \$135; EuroTech dryer, \$85; JVC 21" TV, \$30; JVC DVD player, \$20; Epson stylus C86 printer, \$20; standing lamp, \$15; various 220-v desk lamps, \$5 ea. Call 06571-148912 or 01609-1817528 or e-mail lauranellcobb@yahoo.com.

Britax Husky 5 pt harness car seat, front-facing 22-80 lbs, children 19-53" tall, wicket color, 2005, \$100. Call Joe or Antonia at 06562-931998 or

0160-2535661.
21" Sony multisystem TV, \$100; 29" Zenith TV, \$50; exercise machine-custom fit crosstrainer, \$200; 0 Fahrenheit Coleman sleeping bag, \$25; Turkish rug with fringe 5' by 8' \$100 can e-mail pictures. Call Glenn at 016092542166.

Goodyear Eagle LS tires 4, 185/60/15, \$80; 19" flat screen Dell computer monitor-needs repair-picture is wavy, \$25; Dirt Devil bagless vacuum, upright, \$25 can e-mail pictures. Call Glenn at 016092542166.

61" Sony projection TV, 1 year old, used, excellent condition, \$1,250 OBO. Call 06527-936109. Girl's desk/organizer, \$25; 7 ft. German schrank good for books and games, \$60; home computer system, \$70; outside iron gazebo w/ cover, \$50; 2 large beanbag chairs, the second with a removable cloth cover, \$30 and \$75; 220-v electric griddle, \$15; Motorola cell phone works great, \$35; large inflatable mattress with 220-v system, \$25; wooden rabbit box for outside, \$15; 5 hp roto tiller, used very little, \$350; road bike, 50 cm, \$85; floor fans, one being the new style upright cylinder, \$8 and \$14; Roland Rd-150 keyboard, \$550. Call Michelle at 06565-955679, leave message if no answer.

Pets

Baby bunnies free to a good home, males and females available, approximately 8 weeks. Call Donna or Robert at 06569-962394 or 0171-1915652.

German Rottweiler, female 2 yrs, w/ papers, obedience trained, \$200. Call 06575901485 or e-mail bivouackt80@yahoo.com.

Cat perfect low maintenance pet, free to good home, 5 yrs old, calm tabby is self-sufficient, litter box trained, microchipped, and patient with children. Mom is allergic to cats. Call 452-7556 during the day or 06575-902905.

Wanted

Housekeeper, call Melanie after 4 p.m. at 01751083927.

Reliable, responsible baby sitter for 4 yr old son in Speicher GLH, anywhere from 1-3 nights a week from approx. 7 p.m. to as late as 12 a.m., would prefer him to be watched at your house, but not mandatory. Call Antonia at 06562-931998 or 0160-2535661.

Looking for someone to care for my 3 month old baby girl, I am a shift working, I work 12 hr shifts that rotate between 6:30 a.m. to 6:30 p.m. and 6:30 p.m. to 6:30 a.m. Preferable close to Spangdahlem. Call Staff Sgt. Tiffanie Hudlin cell at 01756203260 or work at 452-6141.

Looking for a lawnmower and outdoor items. Call 06562-931482.

Boxer puppy no more than 3 yrs old, will pay up to \$200 for must be good with small children loving home wife stays home all day. Call Serrina or Justin at 016093107406 from 9 a.m. to 11 p.m.

Yard sales

Saturday yard sale 10 a.m. to 2 p.m. household goods, clothing, small furniture, dishes, lots of decorating items in Herfost, Gartenstrasse 12. Call 06562-932788.

Rothenburg ob der Tauber's rich history entices travelers

By Iris Reiff

52nd Fighter Wing Public Affairs

There are only a few medieval towns in Germany that are as rich in history as the Franconian town of Rothenburg ob der Tauber. Located some 420 meters above sea level, overlooking the valley of the Tauber river, its beautiful gates, towers and massive walls present a silhouette that never fails to impress the never ending flow of visitors.

Traces of the first settlement by Celts, about 500 BC, can be found on the opposite side of the valley, on the Engelsburg. Around 960 AD, Detwang in the Tauber valley was founded and at the same time a citadel was built on the hill above the river. In 1142, Conrad III, the first Hohenstaufen in the king's throne, erected an imperial citadel.

The town that developed from the small borough was awarded its charter (Free Imperial City) by Emperor Rudolph I in 1274. The following one and a half centuries saw the expansion of the town and its territory which was concluded in the early 15th century.

The first walled ring around the town dates from the 12th century. The outer town wall with its towers, gates, and battlements dates from the 14th century.

At that time the town was a city state with around 155 square miles of land embracing 167 villages. In 1544 Rothenburg joined in the Reformation. In the Thirty Years War, it suffered at the hands of a succession of conquerors. The town never



The famous Roederbrunnen fountain sits right in the heart of Rothenburg. This medieval town attracts tourists year-round with its charm and quaint buildings. (Courtesy photo)

recovered and after that time it remained a city state without any economic and political importance. From the beginning to the end of its status as a Free Imperial City, the town was governed by wealthy patrician families, many of whom belonged to the nobility. In

the course of the Napoleonic wars, Rothenburg was incorporated in Wuerttemberg. Its border location near the Bavarian-Wuerttemberg frontier, remote from busy trade routes, left Rothenburg completely unaffected by the architectural

changes of the last century.

Most famous in Rothenburg is the councilors' Tavern with Meistertruck clock. The tavern was built about 1446. The clock was installed in the gable in 1683 and the Meistertrunk scene added in 1910.

The scene shows when an ex-mayor drank nearly a gallon of wine at one time, saving the town from destruction. The clock is shown at various times daily.

The famous Doll and Toy museum, a 400-square-meter exhibition hall, features porcelain as well as wax dolls from 1780 to 1940.

At Whitsunday armed processions and camps present aspects of the Thirty Years War. The historical

Shepherd's Dance is a treat for the ears and eyes during a historical festival in August-September. Or visit the Reichstadt museum, the medieval Criminal museum in the Historical Vaults and the Franconian Craftsman's House. There are lots of things to do for visitor who come to this romantic town.

Although Rothenburg is full of history, it also offers everything that a modern city enjoys, such as sports and other fun activities. Some leisure activities are flying and gliding, fishing, tennis and bowling, open-air or indoor bathing, cross country riding, camping and lots more.

The harmony which exists in Rothenburg's surroundings should also not be forgotten. The magnificence of imperial Franconian towns can be seen in Nuremberg, Feuchtwangen, Dinkelsbuehl, Bad Windsheim and other nearby towns.

Out and About

For tickets, contact the Trierischer Volksfreund Presse-Center at 0651-14599-30. Events are subject to change.

- ♦ Rock to music by Ezio **Saturday** at the Bitburg House of the Youth.
- ♦ A piano concert and art show combined will take place **Sunday** at 7 p.m. at the Bitburg Beda house cultural center's festive hall.
- ♦ Listen to Forever Queen, a rock concert **Sunday** at the Trier Europa hall.
- ♦ Musical Magics will be in concert **March 31** at the Daun Forum.
- ♦ The Snetberger Trio will entertain with jazz March 24 at the Wittlich Hotel Lindenhof.
- ♦ Enjoy listening to punk music by the Beatsteaks **April 28** at the Esch-Alzette Rockhal Hall.
- ♦ Flea markets will soon spring to life again with spring time weather. Markets take place in Bitburg, Wittlich and Trier regularly. They usually set up around 8 a.m. and start selling at 11 a.m. Flea markets run until about 5 or 6 p.m. Find dates and locations for local

markets in the Eifel Times soon.

- ♦ The annual Bitburg Beer Festival continues **until 8 April**. The "Surprise" party band, well-known in Germany, will entertain visitors. Entry **Fridays** is 3 Euro and **Saturdays** 4 Euro. Food and beverages will be available. When consuming alcohol people should arrange for transportation prior to the event since police controls are enforced throughout the festival. The event takes place in a festival tent located at the former Bitburg Flugplatz area not far from the Eifel Stern hotel.

Information, Tickets, and Travel offers the following trips. For ITT trips children's prices are for those age 3-12. For more information or to make a reservation, call 452-6567, e-mail 52svs.itt@spangdahlem.af.mil or visit the ITT office at Spangdahlem Air Base in building 124. Children prices are for those ages 3-12.

- ♦ Experience Prague **March 30-31**; cost is \$95 for adults, \$90 for children and \$80 extra for a double seat. The bus departs Spangdahlem Air Base at 10:30 p.m. and Bitburg Annex at 11 p.m. It re-

turns April 1 at approximately 4 a.m.

- ♦ Jump on the Black Forest Express **March 31**; cost for \$68 adults and \$63 for children. The bus departs Spangdahlem Air Base at 3:30 a.m. and Bitburg Annex at 4 a.m. It returns at approximately 10 p.m.
- ♦ Spend five nights of spring break on the beaches of Lloret de Mar on the Spain Ole trip **April 6-12**; cost is \$429 for adults and \$379 for children with two adults. The trip includes an all-day excursion to Barcelona with a city tour.

Outdoor Recreation offers the following trips. For more information or to make a reservation, call ODR at 452-7170.

- ♦ Learn to scuba during an introduction to scuba class **April 4**. Sign up no later than Wednesday.
- ♦ Have an adventure on the Sauer River Canoe Trip **April 8**. Sign up no later than March 30.
- ♦ Hop on the boat for the Baltic Sea Fishing Trip **April 13-15**. Sign up no later than March 30.

Movie Schedule

Times and movies are subject to change. For more information, call 06565-61-9441 or 452-9441. For movie synopses, visit www.aafes.com/ems/default.asp.

Spangdahlem Skyline

Today

7 p.m. - Bridge to Terabithia

Fifth grader Jesse Aaron's hopes of becoming the fastest runner in his class are dashed when new girl Leslie Burke outruns everybody. However, the two soon begin a friendship, and discover a magical kingdom in the forest, PG.

10 p.m. - Stomp the Yard

After the death of his younger brother, a troubled 19-year-old street dancer from Los Angeles is able to bypass juvenile hall by enrolling in the historically black, Truth University in Atlanta, PG-13.

Saturday

7 p.m. - Bridge to Terabithia

10 p.m. - Freedom Writers

A young teacher inspires her class of at-risk students to learn tolerance, apply themselves, and pursue education beyond high school, PG-13.

Sunday

4 p.m. - Bridge to Terabithia

7 p.m. - Stomp the Yard

Monday

7 p.m. - Freedom Writers

Tuesday

7 p.m. - Stomp the Yard

Wednesday and Thursday closed

Bitburg Castle

Today

7 p.m. - Norbit

A mild-mannered guy who is engaged to a monstrous woman meets the woman of his dreams, and

schemes to find a way to be with her, PG-13.

9:30 p.m. - Alpha Dog

Johnny is a Los Angeles drug dealer. He comes from a good family, owns his home, several cars and enjoys partying with his friends. When his friend Jake welches on a debt, Johnny and his boys kidnap Butch, Jake's brother, and hold him as a marker. Even though Butch has numerous chances to escape, he doesn't. He's enjoying partying with them -- until something goes horribly wrong, R.

Saturday

4 p.m. - Happily N'Ever After

Once upon a time in Fairy Tale Land, the age-old balance between good and evil has been thrown out of

whack. Frieda, Cinderella's power-mad stepmother, has formed an unholy alliance of evil to take on the good guys, PG.

7 p.m. - Norbit

9:30 p.m. - Alpha Dog

Sunday

4 p.m. - Happily N'Ever After

7 p.m. - Primeval

A news team is sent to South Africa to capture and bring home a legendary 25-foot crocodile. Their difficult task turns potentially deadly when a warlord targets them for death, R.

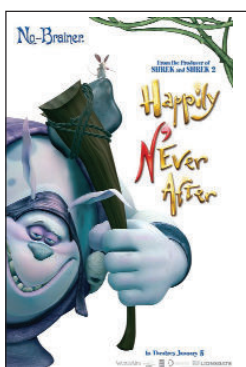
Monday and Tuesday closed

Wednesday

7 p.m. - Norbit

Thursday

7 p.m. - Alpha Dog



Sports Briefs

Congratulations to the base hockey team

Spangdahlem AB's Bitburg Barons ice hockey team finished in first place in the Rheinland-Pfalz Germany ice hockey league. The team finished the league season with nine wins, two losses and one tie. It was the first year the base's team entered the league. The next home game is Saturday at 11:15 a.m. at the Bitburg Eisporthele. They face off against Ramstein, and entrance is free.

Bitburg Barons' hockey team

For more hockey excitement, the Bitburg Barons play their final home game April 1 at 7 p.m. also at the Bitburg Eisporthele. The Barons will play Eintracht Frankfurt with the winner advancing to a higher league for the next season. Ticket prices for adults is 3.50 euro, children ages 12-18 is 2 euro and children under 12 is free.

Looking for varsity-level softball players

The fitness center staff is looking for dedicated women who have what it takes to compete at the varsity softball level. Tryouts are held March 31 through April 15 at softball field number 2. For more information, contact Mark Geairn at 452-6917. The times are as follows: Monday, Wednesday and Thursdays - 5-7p.m.; Saturdays - 10 a.m. to noon

Start Smart registration

The 52nd Services Squadron youth programs holds Start Smart registration now through March 31. Cost is \$50 and includes a Start Smart kit and T-shirt. Sign up at Spandahlem AB Youth Center, in building 427 or Bitburg Annex School Age program, building 84. There are 20 openings for youth ages 3-5. One parent or guardian must attend the session with the child. This six-week instructional session assists parents with teaching their children the basics of baseball. For more information, call 452-7545.

Brick House events

- ◆ "Super Sports Sunday" -- Come watch your favorite games Sunday. This month fans will cheer on their favorite NCAA Basketball games.
- ◆ People can participate in go cart racing at the Bitburg Flugplatz Saturday. Participants get 10 qualifying laps and a 50 lap race. The top three winners receive a trophy. The cost is 35 Euro.

Men's varsity softball tryouts

The 2007 Spangdahlem Men's Varsity Softball team holds team tryouts March 31 through April 5 at softball field #2 next to the bowling center. For more information, call Tech. Sgts. Michael Lemond at 452-5697 or Michael Kliss at 452-6733, or Staff Sgt. Michael Amado at 452-7490.

Eifel Lanes Bowling Center news

- ◆ Color pin bowling happens Fridays from 6 p.m. to close, cost is \$2.25 per game.
- ◆ Bowl for \$1 per game during an Easter Bowling special which takes place April 6 from 10:30 a.m. to 4:30 p.m. and April 8 from noon to 4 p.m.
- ◆ A Spring Break special occurs April 9-13 from 10:30 a.m. to 4:30 p.m. Children's shoe rental is .50 cents and they bowl for .50 cents per game.

Spangdahlem AB fitness center classes

- ◆ **Mondays:** spinning from 6-7 a.m. and noon to 1 p.m.; Tai Chi from 10-11 a.m.; legs, meltdown from 11 to noon; pilates from noon to 1 p.m.; circuit training from 3:30-4:30 p.m.; cardio combo from 4-5 p.m. and cardio kickboxing from 5-6 p.m.
- ◆ **Tuesdays:** spinning from 6-7 a.m. and noon to 1 p.m.; cardio combo from 6:30-7:30 a.m.; cardio blast from 11 to noon; total body workout from noon to 1 p.m.; step from 5-6 p.m.; and yoga from 6:30-7:30 p.m.
- ◆ **Wednesdays:** spinning from 6-7 a.m., noon to 1 p.m. and 4-5 p.m.; muscle fit from 9-10 a.m.; Tai Chi from 10-11 a.m.; cardio kickboxing from 11 to noon; pilates from noon to 1 p.m.; circuit training from 3:30-4:30 p.m.; meltdown from 4-5 p.m.; and step from 5-6 p.m.
- ◆ **Thursdays:** spinning from 6-7 a.m. and noon to 1 p.m.; cardio combo from 6:30-7:30 a.m. and 11 to noon; total body workout from noon to 1 p.m.; and step from 5-6 p.m.
- ◆ **Fridays:** spinning from 6-7 a.m.; equipment orientation from 10-11 a.m.; and circuit training from 3:30-4:30 p.m.



Above: Bitburg High school students conduct physical training with their new gym equipment. The Department of Defense Dependents Schools provided the new equipment to the high school. The equipment will assist the students with their new Physical Activity and Nutrition class.

Left: BHS students take advantage of the new gym equipment. (Photos by Nick Anderson)

BHS shapes up with new equipment

By Caitlin Schwartz

52nd Fighter Wing Public Affairs intern

The new Physical Activity and Nutrition class at Bitburg High School allows students the opportunity to learn how important physical activity is in their day-to-day life, and how to use the new gym equipment provided by the Department of Defense Dependents Schools.

"Physical Education is an important part of life you have to keep your heart and body healthy so it can perform at its best," said Denny Lemmon, BHS physical education teacher.

The BHS bought 36 bicycles, four elliptical machines, four stationary bicycles, weightlifting bars and free weights, along with a variety of jump ropes, sports equipment, pedometers and safety gear for students to use for the PAN class.

"I love the new equipment," said Jennica Botonis, BHS senior and daughter of Lt. Col. Mark Hedman, Joint Fires Center of Excellence commander. "It's much easier to use, I get a better workout, and I feel great."

The newly added PAN class provides alternative and non-competitive physical activities for students and creates a foundation for a better and healthier future.

"Being fit also helps boost your brainpower," Mr. Lemmon said. "It helps students perform better in school. They have the energy to learn."

Students have learned how to balance eating habits and exercise in a fun and practical way. PAN is a basic class that can be built on throughout high school and the rest of the students life.

To keep themselves fit, the class participates in base bike rides, yoga, Tai Chi, pilates, spinning, ice-skating and hiking.

Nutrition and education regarding portion sizes are also an important part of the class.

Teaching healthy eating habits give students enough energy to perform well throughout the day and maintain a healthy body weight, Mr. Lemmon said.

HAWC shares tips for running

Staff reports

Training for the 1.5 mile run can be rewarding as people increase their endurance and are able to visualize themselves completing the run with a score they used to only dream about. As the test day approaches, however, there are a few other things that can enhance a run and help people succeed.

Change shoes

It may be obvious advice, but it bears repeating -- reserve a pair of racing flats or lightweight trainers just for races. The advantage goes beyond the few ounces people can save in weight. Even if the physical advantages are minimal, the psychological gain could be a real plus.

Do warm-ups

Many runners do not warm up hard enough or warm up at all. Try slow jogs and quick walks and move the upper body as well. Warm up for about five minutes before a stretch.

Run the course

Do warm-ups on the course itself, or jog

the course a day or two before the physical training test if possible. Note the location of turns, hills and water stations. The familiarity will help people feel confident and can help improve their score.

Stretch properly

Hold stretches for 10-20 seconds and repeat them four to five times after a five minute warm-up, like fast walking or slow jogging. This will rev up the body and will get people into race mode easier.

Flip strategies

The old saying goes, "Start slowly and finish fast." Try once to turn that around and see if it works. In shorter races such as a 1.5 mile run, it just might. When people ease out, they might ease the entire run. When people begin fast, they can end up with a fast finish. People should practice this technique before the PT test. Practice what works best and find the appropriate stride.

Look up

When following another runner, look at their shoulders and not their feet. It will be

easier to maintain position, as the point of reference will not move. Run behind the runner and just off their shoulder, to avoid any potential tangles of feet and legs.

Relax facial muscles

Maintaining a cool, relaxed expression signals to the rest of the body that things are going smoothly. Relaxing key parts of the body, particularly the facial muscles, is important when people are digging deep. The energy spent on tensing those muscles will take energy from crucial running muscle groups.

Running is a motion that humans are built to do. It does, however, take a tailored program to do well and to progress without injury. Although running is a physical activity, it also takes a strong mental component to be successful. Keep training, stay committed, focused and positive. The result will be a successful race.

For more information on fitness, call the Health and Wellness Center at 452-9355.

(Information courtesy of the Health and Wellness Center)

